



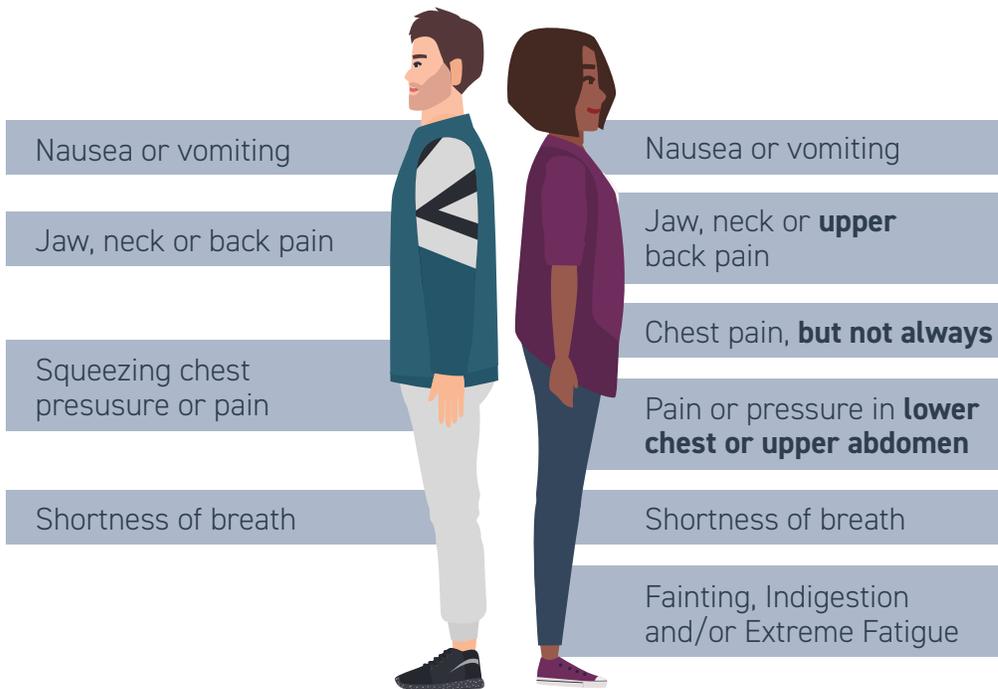
FEBRUARY 2020

AMERICAN HEART MONTH

Heart health is among the most important factors to an individual's physical well-being. Heart disease is the leading cause of death nationally in adults, and everyone should know its risks factors, as well as how to promote good heart health overall. **Heart disease is responsible for 1 in every 3 deaths.** Heart disease is a subject that needs to be addressed. Take the time to recognize symptoms and raise awareness and urge those around you to brush up on how to make better decisions and prevent heart disease.

HEART ATTACK SYMPTOMS: MEN VS. WOMEN

The most common symptom of a heart attack for both men and women is chest pain, but women may experience less obvious warning signs.



DID YOU KNOW?

THE BEST WAY TO LOOK AFTER YOUR HEART IS WITH A HEALTHY LIFESTYLE.



Be Smoke-Free



Be Active



Maintain Healthy Weight



Limit Alcohol



Eat Less Salt



Eat Healthy Fats



Look After Mental Health



Manage Disease(s)

Call: 877.834.4596

Visit: <https://wellnesstherightway.hmchealthworksco.com>



SNEAKING MORE VEGETABLES INTO MEALS



GET SHREDED

Grab a box grater or the grating attachment on your food processor to shred zucchini, beets, carrots or parsnips to add to all sorts of recipes. Add a vegetable serving to your favorite whole grain muffins and quick breads by mixing shredded zucchini into your batter before baking. You can also sauté shredded carrots, summer squash or butternut squash for about five minutes before adding them to pasta sauce for a quick, veggie-filled meal. Even your pickiest of eaters may not notice!



GET CHEESY

Cooked and pureed orange vegetables like butternut squash, sweet potatoes and carrots can be blended, unnoticed, into cheesy dishes we all love like macaroni and cheese, lasagna, or baked enchiladas. You end up using less cheese, which cuts some of the saturated fat and sodium. You can also add the sweeter-tasting veggies to a blender with some low-sodium broth and puree them into a smooth soup that most kiddos (and adults) will love.



Rx for a Healthy Heart

<https://www.myrecipes.com/healthy-diet/heart-healthy-meals?slide=17022#17022>

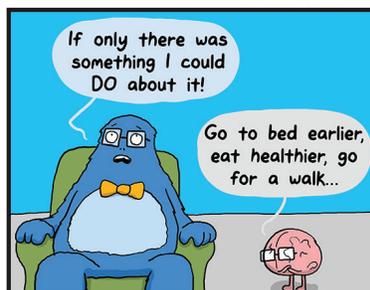
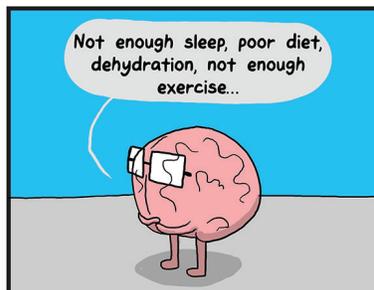
INGREDIENTS

- 2 (3 1/2-oz.) bags boil-in-bag long-grain rice
- 1 lb. boneless center-cut loin pork chops, cut into bite-sized pieces
- 1-1/2 tsp. bottled minced garlic, divided
- 1 tsp. bottled ground fresh ginger, divided
- 1 tbsp. dark sesame oil, divided
- 3 tbsp. low-sodium soy sauce
- 2 tbsp. hoisin sauce
- 2 tbsp. rice vinegar
- 1/2 cup chopped green onions
- 1 tbsp. toasted sesame seeds

DIRECTIONS

1. Cook rice according to package directions; omit salt. Drain well; set aside.
2. While rice cooks, toss pork with 1/2 teaspoon garlic and 1/2 teaspoon ginger. Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat. Add pork; sauté 3 minutes or until done. Remove from pan; keep warm.
3. Heat 1 teaspoon oil in pan over medium-high heat; add 1 teaspoon garlic and 1/2 teaspoon ginger; sauté 30 seconds. Add rice, soy sauce, hoisin sauce, and vinegar; cook 2 minutes, stirring constantly. Stir in pork; cook 2 minutes or until thoroughly heated. Sprinkle with onions and sesame seeds.

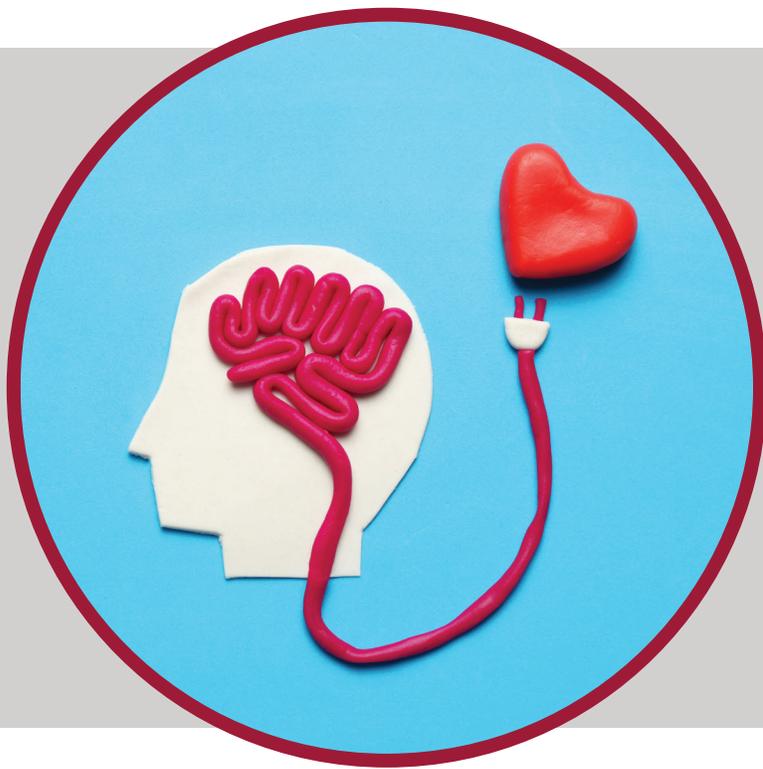
HEALTHY HUMOR



FEBRUARY
TIP SHEET



For years, doctors thought the **connection between mental health and heart health** was strictly behavioral – such as the person who is feeling down seeking relief from smoking, drinking or eating fatty foods. That thinking has started to change. Research shows there could be physiological connections, too. **The biological and chemical factors that trigger mental health issues also could influence heart disease.**



The American Heart Association shares Dr. Barry Jacobs assertion that **“The head-heart connection should be on everyone’s radar.”** “It’s not just being unhappy. It’s having biochemical changes that predispose people to have other health problems, including heart problems.”

Harvard Medical School reported on a study that included more than 221,000 people ages 45 and older without any history of heart disease. They all filled out a short mental health questionnaire. After an average follow-up of more than four-and-a-half years, **people who had reported high or very high levels of depression and anxiety were more likely to have had a heart attack or stroke than people without those symptoms.**

If you have depression or anxiety talk to your doctor about how it can affect your heart health and ask for information to improve your heart health through diet and lifestyle. If you are not seeing a mental health professional for your anxiety or depression, ask your doctor for a referral or call HMC HealthWorks at